



Lat Pulldown: Targets the side muscles, while also working arms. (Photos by Armando Perez)



Horizontal Leg Curl: Isolates hamstrings while reducing lower back stress.



Triceps Extension: With the lever behind the neck, this machine targets triceps and wrist flexors.



Rotary Torso: This machine isolates the obliques and lower back muscles.



Shoulder Press: This machine not only works the shoulder muscles, but the arms, chest and neck muscles as well.



Leg Extension: This machine works the quad muscles.



Multi Hip: Works gluteus, hamstring and abdominal muscles.



Weight Assisted Chin/Dip: Much like the lat pulldown, this machine targets the sides, shoulders, chest and arm muscles.

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Refia Grant
Randolph Fitness Center
fitness program coordinator

Strength + Endurance = Circuit Training

Fitness expert teaches benefits of full body workout routine

By Armando Perez
12th Flying Training Wing Public Affairs

Working out is something just about everyone sets out to do at the beginning of the year. They plan to get in shape and drop a few pounds to look good for the summer season only for the holidays to haunt their resolutions once again.

Some people may choose to get in shape through cardio training while others may try to replace fat with muscle through resistance training. But perhaps the best method to get in shape is one that combines both cardio and resistance. This method is called circuit training.

Circuit training consists of 1-3 complete circuits or sets rotating between 6-15 stations, each one featuring a different exercise that targets a certain muscle group.

"A wide variety of exercises can be used for circuit training," said Refia Grant, Randolph Fitness Center fitness program coordinator. "Push-ups, sit-ups, jump rope and the medicine ball can all be incorporated with the traditional

cardio and weight training machines."

The rest period between each station or exercise should be between minimal to keep the heart rate up and increase endurance.

Ms. Grant said one of the benefits of circuit training is that it can cater to beginner and advanced athletes and that the training can be whenever is convenient for the individual.

"People can tailor their routine to whatever fitness level they're at," said Ms. Grant. "As a person advances they can add more weights or repetitions. People should just be sure to go at their own pace and not overextend themselves."

Ms. Grant said a typical circuit training routine should take anywhere from 30-45 minutes. She recommends people follow the routine about three times a week in order to increase muscle and burn fat.

The paramount room, located in the fitness center annex in the back left corner, consists of 17 stations that target various muscle groups and is designed for circuit training. The machines

featured with this story all belong to the paramount room.

Some of the other machines featured in the paramount room include the calf raise, leg press, seated row, bicep curl, seated leg curl, lower back and abdominal machine.

Circuit training combines the two types of exercises by limiting the rest time between each set as opposed to regular weight training when resting intervals are prolonged and the heart rate drops between each set.

Whether people are training for a sport or looking for a way to improve their physical training scores, circuit training can help them maintain their fitness goals without having to spend long hours in the gym, said Ms. Grant.

"It's a great workout for anyone looking to get in shape," she said.

For more information about circuit training or to set up an appointment with Ms. Grant to develop a circuit training routine that is specific to your fitness level, call 652-2955.



Pectoral Fly/Rear Deltoid: Another machine that targets the chest and shoulder muscles. The reverse position works the back muscles.



Seated Chest: Targets the chest muscles in a seated position.